

# Diabetes Telehealth Brown-Bag Lunch Series

**WARNING**  
**THIS PRODUCT WILL  
CAUSE YOU TO  
LOSE WEIGHT!**

**3<sup>rd</sup> Wednesday  
of each Month**

**12 – 1:00 p.m.  
(MST)**

## **Wednesday, July 19, 2006 Secrets of Success in Group Weight Management Programs Julie Hansen, MS, RD, CD**

Julie Hansen is a Registered Dietitian and Program Coordinator of Women on the Move at McKay-Dee Hospital Women's Health Center in Ogden, Utah. Ms. Hansen is also an adjunct nutrition faculty member at Weber State University in Ogden. Discussion and learning points include the behavioral treatment of obesity; enhancing a program to improve outcomes and adherence; promoting participant motivation and self-efficacy for successful weight management, including achievement of fitness goals; and lessons learned with group weight management programs.

**- CEUs offered for nurses (1.6 hours) and dietitians (1 hour) for all Diabetes Telehealth Programs -**

### ***Upcoming Presentations:***

August 16, 2006 – Gestational Diabetes Management  
September 20, 2006 – Latest Diabetes Products and Therapies  
October 18, 2006 – Retinopathy

***Please use attached registration form***  
***(Register by July 17 for this program)***

Utah Diabetes Prevention & Control Program  
Utah Department of Health  
P.O. Box 142107  
Salt Lake City UT 84114-2107

List of Utah Telehealth Sites:  
<http://www.utahtelehealth.net/utn.pdf>

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Contact Betsi Patiño to schedule  
Telehealth video or telephone links

**\*\*For technical assistance on the day of the conference,  
call Pat Bryner 801-585-2426\*\***  
<http://www.health.utah.gov/diabetes/education1/telehealth.htm>